

## CREATIVE HEALTHY COOKING- FOR BUSY PEOPLE \$65/\$110

Now you can cook delicious, healthy and light meals while tantalizing your taste buds. Find out all the “ins and outs” of how and where to shop for inexpensive, quality products and kitchen tools! Learn to cook with few ingredients and how to prepare quick meals in a relaxed and fun atmosphere. **\$20 material fee due at first class. Faculty: Susan Miller.**

### \$65 Classes

**4671 1:15-3:30pm W 2/8-29 LBCC**

**4673 11:30am-1:45pm F 2/3-3/2 NCCC**

*Cooking Healthy for Dummies! Eating is a necessity! So cooking shouldn't be difficult! After cooking so many years for a living, I often go home, wondering what I am going to cook for dinner. Sometimes it's hard to come up with something new, healthy and exciting for myself as well as my family. If you have the same problem or have any other reasons why it's challenging, this course is for you! Everyone can learn something new!*

**4672 1:15-3:30pm W 3/7-28 LBCC**

**4674 11:30am-1:45pm F 3/9-30 NCCC**

*Back to the Basics with Healthy, Delicious & Fast Comfort Food- Fabulous flavors from simple ingredients! When I talk about getting back to the basics, I don't mean simple mac and cheese or mashed potatoes or roast chicken. Although, there's nothing wrong with any of these favorites if you fire them up with some imagination, you can make them healthier and more flavorful! Find your great recipes and bring them in. We'll re-make them into healthier versions!*

### \$110 Combo Classes

**4675 1:15-3:30pm W 2/8-3/28 LBCC**

*Get both classes, 4671 and 4672. \$40 material fee due at first class.*

**4676 11:30am-1:45pm F 2/3-3/30 NCCC**

*Get both classes, 4673 and 4674. \$40 material fee due at first class.*

## CREATIVE WRITING: ADVANCED \$45

An advanced level creative writing class for older adults. Writing from Life & Personal History is featured. **Faculty: Jeffrey Briar.**

**4683 1-3:50pm W 1/11-2/29 LSC**

**4815 1-3:50pm W 3/7-4/25 LSC**

## FILM GENRES \$20 / \$30

This class is an examination of film as a contemporary art form. Consider foreign and domestic cinema with attention given to the film's archetype, myth, symbol, characterization and plot. **Faculty: Kathryn Kramer.**

### \$20 Classes

**4696 12:30-3:30pm Tu 2/7-3/27 LBCC**

*This class includes registration for Emeritus class #65345.*

**4698 1-4pm M 2/6-4/2 RSC**

*This class includes registration for Emeritus class #65345.*

### \$30 Class

**4697 1-4pm W 2/8-4/25 Tustin**

*This class includes registration for Emeritus class #65350.*

## INVESTMENT MANAGEMENT \$50

Explore the economic, political, and social issues now facing the US and other nations that have profound effects on everyone's investments and retirement plans. Examine factors that influence the values of stocks, bonds, annuities, commodities, real estate, and other investments. Focus on stock selection and market timing methods that build and help manage secure and profitable investment portfolios. **Faculty: Richard Meyerson.**

**4717 6-8pm Th 2/9-5/3 Tustin**

*This class includes registration for Emeritus class #65270.*

**4718 3-5pm W 2/8-5/2 RSC**

*This class includes registration for Emeritus class #65270.*

## PHOTOGRAPHY- INTERMEDIATE \$135

In this class various aspects of digital photography will be covered such as exposure control, flash, composition, camera techniques, work flow, sharpening, white balance, RAW, and much more. The student will be given shooting assignments to perfect their story telling and composition. SLR's or Point & Shoots are all welcome. Each class will also include critique of each assignment to improve how well the student composes their ideas within the frame of the camera. This class is a must have for all those wishing to improve their photography toward a more expressive concept. The student must also have a basic understanding of their operating system whether it is PC or Mac and know the basic function of opening and saving their documents. For more on the instructor please go to [www.chromeallusion.com](http://www.chromeallusion.com). **Faculty: Stephen Burns.**

4735	12:30-2:30pm	W	1/11-2/29	Tustin
4736	12:30-2:30pm	W	3/7-4/25	Tustin

### PHOTOSHOP- BEGINNING \$135

This course provides a general overview of digital enhancement and manipulation of digital photographs and art with the use of Adobe Photoshop. The class is for those who have little or no experience with Photoshop and wish to receive a solid foundation in enhancing their photography beyond what the camera produces. The student must have a laptop with Photoshop on it. The student must also have a basic understanding of their operating system whether it is PC or Mac and know the basic function of opening and saving their documents. The student could also, download a free version from [www.adobe.com](http://www.adobe.com) if they wish to try during the class before purchasing it. For more on the instructor please go to [www.chromeallusion.com](http://www.chromeallusion.com). **Faculty: Stephen Burns.**

4737	2:30-4:30pm	W	1/11-2/29	Tustin
4738	2:30-4:30pm	W	3/7-4/25	Tustin

### DIGITAL SLIDE SHOW PRESENTATION- BEGINNING \$95

Learn to put your digital photos in a slide show presentation for entertainment, documenting your vacation or family events, and to make a How-To slide show presentation. Includes planning, photography, selecting images, preparing graphics, sound effects, adding music and narration. Also included are slide show distribution methods, emailing, posting on the web, saving to a CD, saving to a DVD for television viewing, or just viewing on your PC. Requires sufficient PC skills: mousing techniques, making folders, saving and retrieving files. Students provide their own data storage (USB drive or blank CDs) and digital photos. **Faculty: Michael Ramirez.**

4827	3:30-5:30pm	M	1/9-2/13	Tustin
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### DIGITAL PHOTOGRAPHY- BEGINNING \$75

Fundamentals of photography using a digital camera. Lessons on composition in landscapes and portraiture to improve your creative photography skills. Includes camera control of exposure, f-stops, shutter speed, ISO, color white balance, camera functions, and camera settings such as Auto, M, AV, TV and P. Uploading, storing and organizing digital images on the PC. Emailing and burning images to discs. Also, use of Photoshop to fix common flaws, straighten crooked pictures, remove dust and scratches, perform image compositing and make photo collages, to edit, crop, convert to black and white, and correct images for color, exposure, and sharpness. Requires PC skills with a mouse, navigate the hard drive, make folders, save and retrieve files. **Faculty: Michael Ramirez.**

4825	12:30-2:30pm	M	1/9-2/27	Tustin
4826	12:30-2:30pm	M	4/2-5/7	Tustin

## Art Classes

### ART HISTORY \$26

What is the nature of art? Why do humans create art? What is the oldest art in the world? A unique look at the History of Art; an investigation into the creative process and visual art from the prehistoric to contemporary world. Examine the stories of the visionaries who contributed to and redirected the course of Art History. Enjoy informative and insightful lectures, films and excursions. Selected topics are relevant to current exhibitions. **\$3 material fee due at first class. Faculty: Pam Schader.**

4652	11:30am-1:30pm F	2/3-4/13	RSC
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*This class includes registration for Emeritus class #65275.*

### BEAD WEAVING \$45

All skill levels welcome. You will establish and build on your beading knowledge and learn the basic off loom stitches: Peyote, Square, Right Angle Weave, Netting, Brick, Herringbone, Chevron stitch; and their different forms. Students will be encouraged to create their own style. **Faculty: Annette Hernandez.**

4657	Noon-1:50pm	T	1/10-3/27	Tustin
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*This class includes registration for Emeritus class #65285.*

4658	10-11:50am	Th	1/12-3/29	FSSC
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*This class includes registration for Emeritus class #65280.*

4659	10-11:50am	F	1/13-3/30	RSC
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*This class includes registration for Emeritus class #65280.*

### EXPRESSIVE PAINTING: WATER MEDIA \$38

Enjoy an expressive approach to painting in a variety of inventive techniques using the medium of your choice: water color and/or acrylics. You will explore painting on paper, yupo, canvas while developing a working knowledge of color theory, composition and design. Emphasis is on identifying personal style from representational to abstract and original imagery. Paint, collage, wax [encaustics], inks, resists and drawing media will be incorporated. This course includes films and slide presentations of the innovative masters of modern and contemporary art. All levels welcome. **\$3 material fee due at first class. Faculty: Pam Schader.**

**4690 9am-Noon M 2/6-4/16 Tustin**  
*This class includes registration for Emeritus class #65295.*  
**4691 12:30-3:30pm Tu 2/7-4/10 LBCC**  
*This class includes registration for Emeritus class #65295.*

### **OIL PAINTING – BEGINNING \$60**

Emphasis is on the use of basic oil painting materials and techniques. Students will follow a step-by-step demonstration and paint with the instructor. **\$2 material fee due at first class. Faculty: Steve Wang.**

**4726 9am-Noon W 2/8-5/2 LSC**  
*This class includes registration for Emeritus class #65290.*

### **PAINTING WITH WATER MEDIA: REALISTIC TO ABSTRACT \$60**

Explore watercolor and/or acrylic paints through lectures, demonstrations, personal guidance and critiques. Learn to develop concepts, composition, color, texture and creativity through self-expression. Beginners learn the basics, while intermediate students develop a body of work. All levels welcome. Supply list provided at registration. **\$5 material fee due at first class. Faculty: Natasha Shoro.**

**4732 9:30am-Noon Th 1/12-3/1 Tustin**  
**4733 9:30am-Noon Th 3/8-4/26 Tustin**

### **PATCHWORK AND QUILTING \$48**

Introduces the fundamental techniques of quilting and patchwork for older adults. **Faculty: Carolin Caverly.**

**4734 9-11:30am Th 1/29-4/12 Tustin**

### **PLEIN AIR PAINTING \$60**

This class will have emphasis on composition, perspective, oil color mixing, brush techniques and palette management. Students will follow a step-by-step demonstration, and paint with the instructor. **Faculty: Steve Wang.**

**4760 9am-Noon M 2/6-5/7 TBA**  
*This class includes registration for Emeritus class #65290.*

### **SKETCHING AND DRAWING TECHNIQUES \$60**

Drawing consists of training the eye to see and observe the world around us. Explore various sketching and drawing techniques such as line variation, value and expressive drawing through direct observation. Learn to use graphite, charcoal, ink and colored pencils. Emphasis is on developing both technical skills and creativity. All levels welcome. Supply list provided at registration. **\$3 material fee due at first class. Faculty: Natasha Shoro.**

**4765 9-11:30am W 1/11-2/29 Tustin**  
**4766 9-11:30am W 3/7-4/25 Tustin**

### **WATERCOLOR PAINTING – BEGINNING \$30**

Explore a variety of watercolor techniques while developing a working knowledge of color theory, composition & design. Emphasis is on the spontaneity of watercolor & creative thinking. **\$3 material fee due at first class. Faculty: Theresa Fernald.**

**4775 9am-Noon F 1/20-3/2 LSC**  
*This class includes registration for Emeritus class #65300.*  
**4776 9am-Noon F 3/9-4/20 LSC**  
*This class includes registration for Emeritus class #65305.*  
**4816 9am-Noon F 4/27-6/1 LSC**

### **WATERCOLOR PAINTING – INT / ADV \$25/\$30**

Use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the media. **\$3 material fee due at first class. Faculty: Theresa Fernald.**

#### *\$25 Class*

**4140 1-4pm Th 11/17-12/15 LBCC**

#### *\$30 Classes*

**4777 1-4pm Th 1/19-2/23 LBCC**  
*This class includes registration for Emeritus class #65300.*  
**4779 1-4pm Th 3/1-4/12 LBCC**  
*This class includes registration for Emeritus class #65305.*  
**4817 1-4pm Th 4/19-5/24 LBCC**

## **WATERCOLOR/ACRYLIC PAINTING \$30**

Use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the media. **\$3 material fee due at first class. Faculty: Donna Hanna-Chase.**

**4778 Noon-3pm F 2/3-5/4 LSC**

*This class includes registration for Emeritus class #65310.*

## **Music Classes**

### **CHORAL ENSEMBLE \$20**

Choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production, and improved sight-reading.

**Faculty: 4669– Louise Jacobs; 4670– Cecilia Kim.**

**4669 3-5pm F 2/3-5/4 Tustin**

*This class includes registration for Emeritus class #65680.*

**4670 10am-Noon M 1/23-4/23 RSC**

*This class features Korean Choral Ensemble.*

*This class includes registration for Emeritus class #65680.*

### **FOR THE LOVE OF MUSIC \$20/ \$25**

Introduces overall musicianship and music appreciation, surveying various periods of music. Topics include great composers; music research; the form of compositions; creative theory; the makeup of a symphony orchestra, chorus, and concert program; the function of the conductor; and the instruments of the orchestra and their contribution. **Faculty: Louise Jacobs.**

#### *\$20 Classes*

**4703 10-11:30am W 1/11-3/7 Atria**

*This class includes registration for Emeritus class #65650.*

**4702 10-11:30am F 1/13-3/9 Sunrise**

*This class includes registration for Emeritus class #65650.*

**4798 10-11:30am W 3/21-5/16 Atria**

*This class includes registration for Emeritus class #65655.*

**4799 10-11:30am F 3/23-5/11 Sunrise**

*This class includes registration for Emeritus class #65655.*

#### *\$25 Classes*

**4701 12:30-3:30pm M 1/9-3/5 Tustin**

*This class includes registration for Emeritus class #65650.*

**4800 12:30-3:30pm M 3/19-5/14 Tustin**

*This class includes registration for Emeritus class #65655.*

### **PIANO – BEGINNING \$30**

For those who wish to improve their skills performing both classical and popular music. Includes theory, fingering, interpretation techniques, sight-reading, and repertoire development. **Faculty: Carol Lippert.**

**4750 11am-2pm M 2/6-4/9 LSC**

*This class includes registration for Emeritus class #65660.*

### **PIANO – INTERMEDIATE \$30**

For those who wish to improve their skills performing both classical and popular music. Includes theory, fingering, interpretation techniques, sight-reading, and repertoire development. **Faculty: 4751- Carol Lippert; 4752- Mary Lou Landes.**

**4751 2-5pm M 2/6-4/9 LSC**

*This class includes registration for Emeritus class #65660.*

**4752 9am-Noon Th 2/9-5/3 Tustin**

*This class includes registration for Emeritus class #65665.*

### **BAND REHEARSAL AND PERFORMANCE \$30**

Focus is on the preparation, study, and performance of band concert repertoire. The content differs each time, and repeat students gain an expanded educational experience by repetition and practice, developing skills and proficiency. **Faculty: William Nicholls & Peter Fournier.**

**4653 6-9pm Tu 1/10-5/15 LBHS**

*This class includes registration for Emeritus class #65670.*

## **INSTRUMENTAL ENSEMBLE REHEARSAL \$30 AND PERFORMANCE**

Focus is on the preparation, study, and performance of small ensemble concert repertoire. May include Laguna Swing Set; Laguna Swing Society; Dixieland Band; Flute Ensemble; Trombone Ensemble; Brass Quintet; Percussion Ensemble; Bolling Jazz Group, and more.

**Faculty: Ed Peterson.**

**4707 6-9pm Tu 1/10-5/15 LBHS**

*This class includes registration for Emeritus class #65675.*

## **Fitness Classes**

### **AEROBIC / YOGA / MAT-PILATES \$20**

This course promotes aerobic conditioning (moderate cardio, standing and floor) the 1st half and/or toning and strengthening via Pilates/Yoga the 2nd half. Pilates stabilizes the spine by engaging core muscles (abdominal, lower-back, pelvis, hip, shoulder, neck), and proper alignment for daily life and post-rehab. Pilates/Yoga include: deep breathing and mind-body relaxation in a soothing environment. Bring: hand-weights, mats, paper plates & Dyna-bands (or purchase in class- contact [jovadia@ivc.edu](mailto:jovadia@ivc.edu)). **Faculty: Jackie Ovadia.**

**4647 1:30-2:45pm F 2/3-5/4 RSC**

*This class includes registration for Emeritus class #65545.*

### **AEROBIC WORKOUT \$25**

Seniors enjoy low- impact aerobics and resistance exercises designed to meet the needs and abilities of the individual. The class combines stretching, movement routines, and resistance exercises to strengthen and tone the body as a way of improving and enhancing physical fitness. Includes stretching exercises to warm-up the muscles, and aerobic activity and strength exercises to tone and firm the muscles.

**Faculty: Eugenia Lane.**

**4641 2:30-4pm M 2/6-5/7 Tustin**

*This class includes registration for Emeritus class #65470.*

**4642 8-9am Tu 2/7-5/1 Tustin**

*This class includes registration for Emeritus class #65485.*

**4643 8-9am Th 2/9-5/3 Tustin**

*This class includes registration for Emeritus class #65475.*

**4141 2:30-4pm M 12/5-1/30 Tustin**

**4142 8-9am Tu 11/29-1/24 Tustin**

**4143 8-9am Th 12/1-1/26 Tustin**

### **AQUATIC FITNESS TRAINING \$20**

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness. **Faculty: Barbara Stockler.**

**4650 10:30am-Noon Tu 1/10-2/28 LBHSCP**

**4649 10:30am-Noon Th 1/12-3/1 LBHSCP**

**4818 10:30am-Noon Tu 3/6-4/24 LBHSCP**

*This class includes registration for Emeritus class #65610.*

**4819 10:30am-Noon Th 3/8-4/26 LBHSCP**

*This class includes registration for Emeritus class #65610.*

**4651 2-3:30pm Tu 1/10-2/28 LFBTC**

**4648 2-3:30pm Th 1/12-3/1 LFBTC**

**4820 2-3:30pm Tu 3/6-4/24 LFBTC**

*This class includes registration for Emeritus class #65615.*

**4821 2-3:30pm Th 3/8-4/26 LFBTC**

*This class includes registration for Emeritus class #65615.*

### **A.S.A.P. -AEROBIC STRENGTH AND PILATES \$20**

Combines intervals of aerobic & strength training for burning extra calories; varieties of Pilates & resistance training for improving posture and overall muscle strength. Expect gradual improvement in balance, stability around joints to reduce pain and injuries, firming of abs and pelvic floor, strength in lower and upper body, toning, flexibility, body awareness, improvement in activities of daily life, leisure sports or other performances and better moods. Regular, proper exercises may contribute to weight loss if combined with a balanced diet. Bring: hand-weights, mats, paper plates & Dyna-bands. [Jovadia@ivc.edu](mailto:jovadia@ivc.edu) **Faculty: Jackie Ovadia.**

**4639 2:30-3:45pm Tu 2/7-5/1 RSC**

*This class includes registration for Emeritus class #65555.*

**4640 Noon-1:15pm Th 2/9-5/3 RSC**



*This class includes registration for Emeritus class #65550.*

### **CHAIR EXERCISES – BEGINNING      \$15**

Practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. Exercises will include methods to improve strength and flexibility with the use of Dyna-bands and small hand held weights. Designed for older adults at a low level of fitness. **Faculty: Eugenia Lane.**

**4663    9:30-10:30am    Tu      2/7-5/1    LSC**

*Focus is on flexibility, stretching, and chair yoga.*

*This class includes registration for Emeritus class #65475.*

**4664    9-10am                W      2/8-5/2    LSC**

*This class includes registration for Emeritus classes #65490.*

**4145    9:30-10:30am    Tu      11/29-1/31      LSC**

*Focus is on flexibility, stretching, and chair yoga.*

**4146    9-10am                W      11/30-2/1      LSC**

### **CHAIR EXERCISES – INTERMEDIATE      \$15/\$25**

A safe and effective exercise program for seniors, utilizing Dyna-band resistive exercises, cardiovascular exercise, and weights. Practice techniques for maintaining or improving health and fitness. **Faculty: 4661, 4662- Lisa Messenger; 4667, 4660– Beejay Janiga.**

*\$15 Classes*

**4661    9-10am    M      2/6-5/7    LSC**

*This class includes registration for Emeritus classes #65510.*

**4662    9-10am    F      2/3-5/4    LSC**

*This class includes registration for Emeritus classes #65505.*

*\$25 Classes*

**4667    9:30-10:30am    M      1/9-5/14    Tustin**

*This class includes registration for Emeritus classes #65440.*

**4660    9:30-10:30am    W      1/11-5/16      Tustin**

*This class includes registration for Emeritus classes #65460.*

### **COUNTRY LINE DANCE      \$20**

Learn line dances while developing and maintaining physical fitness. Popular dances are featured to music, including the Tush Push, the Electric Slide, and many more. A great way to stay fit while having fun. **Faculty: Ida Stuart.**

**4677    10:30-11:50am    M      2/6-5/7      LSC**

*This class includes registration for Emeritus class #65625.*

**4678    9:30-10:50am      Tu      2/7-5/1      TRCP**

*This class includes registration for Emeritus class #65635.*

**\*4679    11am-12:20pm    Tu      2/7-5/1      TRCP**

*\*This class features Easy Country Line Dance.*

*This class includes registration for Emeritus class #65640.*

**4682    11:30am-12:50pm    W      2/8-5/2      HPCC**

*This class includes registration for Emeritus class #65645.*

**4680    9-10:20am                Th      2/9-5/3      LSC**

*This class includes registration for Emeritus class #65630.*

**4681    10:30-11:50am    F      2/3-5/4      LSC**

*This class includes registration for Emeritus class #65620.*

### **DAYAN QIGONG – “WILD GOOSE CHI KUNG”      \$30**

Popular in China, Wild Goose Chi Kung provides a balanced approach to health and wellness. Simple, easy movements dredge the meridians, expel “sickness” qi and strengthen the body’s immune system. Classes include stretching, acupressure massage, meditation and the graceful movements of Dayan Qigong. **Faculty: 4686– Judy Shields; 4687– JoAnna Schoon.**

**4686    10-11:20am          W      2/8-4/25    RSC**

*This class includes registration for Emeritus class #65605.*

**4687    9-10:20am                Th      1/26-4/26      LBCC**

*This class includes registration for Emeritus class #65600.*

### **DYNA-BAND WORKOUT      \$25**

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (long latex strips) are used to increase muscle strength. Learn to properly perform exercises using the bands in combination with chair aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing. This class includes Arthritis exercise program. **Faculty: Rene Fiore-Burton.**

**4688 12:30-2pm Tu 2/7-5/1 LFCH**  
*This class includes registration for Emeritus class #65415.*

**IT'S NEVER TOO LATE® FITNESS \$29**

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, and stretching and flexibility movements, suited to the needs of the individual. **Faculty: Rene Fiore-Burton.**

**4719 10-11:30am Th 2/9-5/3 LF II**  
*This class includes registration for Emeritus class #65405.*

**LATIN AEROBICS \$30**

Exercise with simple Latin Dance steps and some fun line dances that you can do! Dance to: Salsa, Cha-Cha, Merengue, Bachata, Samba, and Rumba music in this non-partner workout class. Get your hips moving and your heart pumping in this exciting and fun class! Burn calories in this low impact dance for exercise class. Dress for the gym, bring a water bottle and towel. **Faculty: Sandra Casado.**

**4720 8:05-8:55am Tu 2/7-5/1 LBCC**  
*This class includes registration for Emeritus class #65395.*

**LAUGHTER YOGA \$20**

Discover the joyful laughter-as-exercise system that blends intentional laughter with other complementary health systems. Receive all the benefits of laughter: relief of stress, strengthened immune system, improved respiration and circulation, and relief of anxiety/depression. **Faculty: Jeffrey Briar.**

**4721 9:30-10:30am W 1/25-4/18 RSC**  
*This class includes registration for Emeritus class #65365.*

**COUNTRY LINE DANCING & MORE! \$30**

Join Sandra Casado for an exhilarating 50 minute Line Dance class. The emphasis will be on Country line dancing, but other useful and fun party line dances will be included. This class will follow immediately after Sandra's 50 minute Latin Dance Exercise class finishes so why not sign up for both? **Faculty: Sandra Casado.**

**4824 8:55-9:45am Tu 2/7-5/1 LBCC**  
*This class includes registration for Emeritus class #65395.*

**MILD EXERCISE FOR FITNESS \$25**

An exercise program modified for the senior who wishes to build strength, endurance, and flexibility, along with balance. Light weights and easy to follow Dyna-bands are added. **Faculty: Beejay Janiga.**

**4723 11am-Noon Th 1/12-5/17 Tustin**  
*This class includes registration for Emeritus class #65445.*

**PHYSICAL FITNESS \$15 / \$20**

Combines three major components: strengthening exercises, cardiovascular exercises, and stretching, range-of-motion, and flexibility exercises. Designed for the older adult. **Faculty: 4741, 4742– Lesley Lowe ; 4739, 4740, 4744, 4745, 4746– Becky Rigali; 4743, 4747– Lisa Messenger.**

*\$15 Classes*

**4739 8-9am M 2/6-4/30 NCCC**  
*This class includes registration for Emeritus class #65575.*

**4740 8-9am Tu 2/7-5/1 NCCC**  
*This class includes registration for Emeritus class #65585.*

**4744 8-9am W 2/8-5/2 NCCC**  
*This class includes registration for Emeritus class #65595.*

**4745 8-9am Th 2/9-5/3 NCCC**  
*This class includes registration for Emeritus class #65580.*

**4746 8-9am F 2/10-5/4 NCCC**  
*This class includes registration for Emeritus class #65565.*

*\$20 Classes*

**4741 1:30-3pm M 2/6-5/7 LSC**  
*This class includes registration for Emeritus class #65495.*

**4742 1:30-3pm W 2/8-5/2 LSC**  
*This class includes registration for Emeritus class #65500.*

**4743 1-2:30pm Tu 2/7-5/1 RSC**

*This class includes registration for Emeritus class #65520.*

**4747 1-2:30pm Th 2/9-5/3 RSC**

*This class includes registration for Emeritus class #65515.*

## **OVERALL CONDITIONING \$25**

Increase your strength and mobility using Dyna-bands, weights, and aerobics. Body fitness through stretching and pilates are added to this comprehensive exercise program. **Faculty: Beejay Janiga.**

**4731 5:30-7pm Tu 1/10-5/15 Tustin**

*This class includes registration for Emeritus class #65455.*

**4730 9:30-11am Th 1/12-5/17 Tustin**

*This class includes registration for Emeritus class #65450.*

## **PILATES \$25/ \$29**

A non-impact exercise that strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class. **Faculty: 4759, 4756, 4757– Becky Rigali; 4753, 4755- Rene Fiore-Burton; 4754, 4097– Eugenia Lane.**

### *\$25 Classes*

**4759 10:15-11:15am M 2/6-4/30 LBCC**

*This class includes registration for Emeritus class #65570.*

**4756 10:15-11:15am W 2/8-5/2 LBCC**

*This class includes registration for Emeritus class #65590.*

**\*4757 10:15-11:15am F 2/3-5/4 LBCC**

*\*This class features more advanced workout.*

*This class includes registration for Emeritus class #65560.*

**4754 1-2:30pm F 2/3-5/4 RSC**

*This class includes registration for Emeritus class #65465.*

**4097 1-2:30pm F 12/9-1/27 RSC**

### *\$29 Classes*

**4755 10-11:30am Tu 2/7-5/1 LF II**

*This class includes registration for Emeritus class #65410.*

**4753 10-11:30am F 2/3-5/4 NCCC**

*This class includes registration for Emeritus class #65400.*

## **PI-YOGA \$25**

Combines two of the most popular fitness systems for today's exercise enthusiasts. Both are non-impact workouts that tone and elongate the body. Pilates and Yoga complement each other; one focuses on core strength, while the other on flexibility. Bring a mat. **Faculty: Eugenia Lane.**

**4748 4-5pm M 2/6-5/7 Tustin**

*This class includes registration for Emeritus class #65470.*

**4184 4-5pm M 12/5-1/30 Tustin**

## **TAI CHI CH'UAN \$25**

Tai chi ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure, and the philosophy of tai chi ch'uan. **Faculty: Richard Caramagno.**

**4767 1-2:30pm Tu 2/7-4/24 Tustin**

*This class includes registration for Emeritus class #65380.*

**4769 9-10:30am W 2/8-4/25 LFCH**

*This class includes registration for Emeritus class #65385.*

**4770 10:30am-Noon W 2/8-4/25 LFCH**

*\*This class is an advanced tai chi class for students Guang Ping Yang tai chi.*

*This class includes registration for Emeritus class #65390.*

**4768 1-2:30pm Th 2/9-4/26 Tustin**

*This class includes registration for Emeritus class #65375.*

## **TAI CHI CH'UAN INTER-SESSION \$24**

For continuing students only. **Faculty: Richard Caramagno.**

**4107 1-2pm Tu 11/29-1/24 Tustin**



**4108 9-10am W 11/30-1/25 LFCH**

**TAP DANCE WITH MARGE \$45**

Always dreamed of dancing; but never had the chance? Now's the time! Beginning, intermediate and advanced tap and exercise for men and women of all ages. Learn the Waltz Clog, Buck Time Steps, Cramp Rolls, and more, with the opportunity to do performances. **Faculty: Marge Forehan & Dorothy Bregozzo.**

**4773 9am-Noon Tu 1/17-5/8 RSC**

*This class includes registration for Emeritus classes #65355, 65425, 65430.*

**YOGA \$20 / \$25 / \$36 / \$38 / \$60**

Instruction and practice includes passive exercise especially adapted to seniors; stretching, relaxing and breathing; and working together in rhythm as directed. Course repetition allows you to build skills and increase your fitness level. **Faculty: 4785– Jeffrey Briar; 4784– Kathryn Burns; 4787- Fleur Fong; 4781, 4789, 4782, 4788, 4786, 4790– Mikki Michele.**

*\$20 Class*

**4785 9-10am M 1/23-4/23 LBCC**

*This class includes registration for Emeritus class #65365.*

*\$25 Class*

**4784 11:30am-1pm F 2/3-5/4 LBCC**

*This class includes registration for Emeritus class #65370.*

*\$36 Classes*

**4781 10:30am-Noon M 1/9-3/5 Tustin**

*This class includes registration for Emeritus class #65525.*

**4789 10:30am-Noon M 3/19-5/14 Tustin**

*This class includes registration for Emeritus class #65530.*

**4782 10:30am-Noon W 1/11-3/7 Tustin**

*This class includes registration for Emeritus class #65535.*

**4788 10:30am-Noon W 3/21-5/16 Tustin**

*This class includes registration for Emeritus class #65540.*

*\$38 Class*

**4787 1-2:30pm W 1/4-3/21 LFCH**

*This class includes registration for Emeritus class #65420.*

*\$60 Classes*

**4786 10:30am-Noon M,W 1/9-3/7 Tustin**

*This class includes registration for Emeritus class #65525, 65535.*

**4790 10:30am-Noon M,W 3/19-5/16 Tustin**

*This class includes registration for Emeritus class #65530, 65540.*

**YOGA STRETCHING \$25**

Increase flexibility and muscular strength through gentle exercise. Journey through the Yoga poses, exploring methods of relaxation for the body and mind. Emphasis is on stress management methods, correct body alignment, breath control and mental concentration. **Faculty: Eugenia Lane.**

**4792 11:15am-12:35pm Tu 2/7-5/1 RSC**

*This class includes registration for Emeritus class #65480.*

**4150 11:15am-12:35pm Tu 11/29-1/31 RSC**

**GENTLE YOGA \$25**

Guided stretching and breathing exercises are adapted for seniors to regain range of motion and restore strength. Ideal for those in recovery. Class is geared for those with limited range of motion and back problems. All ages welcome. **Instructor: Ruthe Gluckson.**

**4783 11:30am-1pm W 2/8-5/2 LBCC**

*This class includes registration for Emeritus class #65435.*

## Computer Classes

**INTRODUCTION TO PERSONAL COMPUTERS \$60**

Designed for the complete beginner, get an introduction to a typical personal computer system, including hardware components & software programs; an interactive discussion of various uses of a personal computer; explanations and demonstrations of word processing/ electronic spreadsheet features; instructions for choosing desktop backgrounds and screensavers; and a discussion of computer file storage and retrieval. Optional projects may include how to use the computer to write a letter and balance a checkbook. You will be given plenty of class time to work on these projects. **Faculty: Barbara Grane & Sharon Fong.**

4714 9-10:30am Tu 1/10-2/28 Tustin  
4716 10:30am-Noon M 1/9-2/13 LBCC

## **INTRO TO PERSONAL COMPUTERS II \$60**

Continuing students use MS Word 2002 to create various projects. Work on projects of your own choosing, including writing a letter, creating a flyer (including graphics!), creating columns and tables, creating envelopes and labels, creating an electronic spreadsheet, creating and using templates, creating stationary and letterhead, and using electronic mail features to send an e-mail. Computer file storage (so you can find what you've saved!) will be covered. **Faculty: Barbara Grane.**

4713 9-10:30am Tu 3/6-4/24 Tustin

## **BASICS OF EMAIL \$40**

Intro course designed for those new to email (electronic mail). This class will explain how to set up a free Internet-based e-mail account, as well as how to use the features of e-mail. Topics include setting up an e-mail account, tips on how to select an email address and password, sending email messages, retrieving messages, sending attachments (letters, photos, etc.), forwarding messages, and replying to messages. Security as it relates to email accounts will be covered. Owners of Windows or Apple laptop computers are welcome to bring them to class. **Faculty: Sharon Fong.**

4654 10:30am-Noon Tu 2/14-3/6 LBCC

## **BASICS OF EXCEL \$60**

This hands-on class using Microsoft Excel 2003 is for experienced computer users. Use this software to learn how to enter data in rows and columns; format both text and numerical data; create simple formulas to add, subtract, multiply and divide; move and copy data and formulas; use Functions (pre-designed, built-in formulas); create 3-dimensional formulas involving several worksheets. Projects might include creating a simple budget, a spending diary, an address book, on-line banking and more. **Faculty: Barbara Grane.**

4656 1-2:30pm Tu 1/10-2/28 Tustin

## **INTRO TO MICROSOFT WORD \$60**

Designed for those with basic PC knowledge who want to know more about Microsoft Word. Hands-on practice will allow students to gain confidence in using the software to create letters, signs, and other documents. Topics covered will include entering text; word wrap; cursor movement; editing and inserting text; saving, closing and opening files; displaying formatting marks; changing fonts, sizes and colors; applying text effects such as underline, bold, italics and highlighting; controlling paragraph alignment and line spacing; undoing editing changes; copying and moving text using the mouse and the keyboard; creating a simple table; sorting data in a table; using tabs and indents; creating numbered and bulleted lists; using design templates. **Faculty: Barbara Grane.**

4814 1-2:30pm Tu 3/6-4/24 Tustin

## **MICROSOFT WINDOWS 7 LEVEL 1 \$75**

This course is designed for the student who wants to learn about the Windows 7 operating system, or is transitioning from Windows XP, and is seeking file management skills. In this course you will explore the Windows 7 interface, customize the desktop, manage files and folders, and use tools and programs available in Windows 7. Prerequisite: Introduction to the Personal Computer or equivalent knowledge. **Faculty: Geoff Luis.**

4722 10:45am-Noon W 1/11-3/28 Tustin

## **INTERNET BASICS \$55**

A hands-on class for those new to the Internet. Topics include an overview of the Internet and various commonly used terms; hardware and software needed for connection; programs ("search engines") available to help you find what you are looking for; various search techniques; commonly used web site components such as links and navigation tools; copying information for personal use; printing from the Internet; bookmarking favorite web sites, shopping on-line; security (including your personal information as well as your credit card data); and using email programs. You will be given plenty of time to practice search techniques looking for information on topics of interest. **Faculty: Sharon Fong.**

4709 10:30am-Noon Tu 1/10-2/7 LBCC

## **INTERNET IIC: USING THE GOOGLE SEARCH ENGINE EFFECTIVELY \$75**

Google has become one of the most powerful and popular search engines on the Internet. This course focuses on using Google effectively to narrow search results and take advantage of the services and features it has to offer. You will learn to use search links, such as: Images, Videos, Maps, News, Shopping, Books, Finance, and Translate. You will learn how to sign-up for a Google Account to personalize your experience and gain access to the Calendar, Portfolio, and Documents features. You will learn to use Google Operators to perform faster, more specific searches. Prerequisite: Introduction to the Personal Computer and Internet I, or equivalent knowledge. **Faculty: Geoff Luis & Sharon Fong.**

4710	9:15-10:30am	W	1/11-3/28	Tustin
4711	9-10:30am	Tu	1/10-2/28	LBCC

#### **TIPS, TRICKS AND SHORTCUTS \$40**

Learn how to shortcut your work on the computer. There are so many shortcuts and tips to Windows, Microsoft Office and Internet programs that you would be amazed. Let's make your computing experience a breeze with all the tips tricks and shortcuts you learn in this class. **Faculty: Louise Records.**

4806	12:30-2pm	Th	1/12-2/16	Tustin
4807	12:30-2pm	Th	2/23-3/29	Tustin
4808	12:30-2pm	Th	4/12-5/17	Tustin

#### **HOW DO I GET MY PICTURES OUT OF MY CAMERA AND INTO MY COMPUTER? \$40**

Learn how to transfer pictures from your camera into files in your computer. Email them to friends and family or post them to a web site that will share them. We will teach you how to send your pictures to a professional printing site and pick them up in 1 hour. Learn how to order custom cards with your pictures on them. Using your camera, computer and scanner will bring you hours of enjoyment. **Students will need to provide their own method of data storage (USB drive or blank CDs) and pictures. Faculty: Louise Records.**

4706	11am-12:30pm	Th	1/12-2/16	Tustin
4801	11am-12:30pm	Th	2/23-3/29	Tustin
4802	11am-12:30pm	Th	4/12-5/17	Tustin

#### **FUN WITH PHOTOS I \$40**

A hands-on class for those with basic PC knowledge who want to have fun with their photos (but not use Photoshop). We will learn how to get the photos out of the camera and in to the computer and use online tools to edit and enhance our photos (like brightening dull teeth), fix red-eye caused by cameras, crop, add graphical frames and text, and print out our results using our own printer or create a high quality digital image that can be printed by a professional printer. Recommended Prerequisite: Intro to Internet. **Faculty: Fleur Fong.**

4704	9-10:20am	M	1/9-2/6	Tustin
4705	11:20am-12:40pm	W	1/11-2/1	LFCH

#### **FUN WITH PHOTOS II \$40**

A continuation of enhancing our photos using online tools (no software required) to create and share graphics for your use. We will also use plug-ins that allow us to share using social media websites. **Faculty: Fleur Fong.**

4809	9-10:20 am	M	2/27-3/19	Tustin
4810	11:20am-12:40pm	W	2/29-3/21	LFCH

#### **FUN WITH PHOTOS III \$40**

Learn the basics of desktop publishing using Microsoft Publisher to create professional-looking projects using our own photos. We will learn to make personalized labels, matching stationery, business cards, and greeting cards with ease. You will leave each session with a finished project. **Faculty: Fleur Fong.**

4811	9-10:20am	M	4/16-5/7	Tustin
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#### **DIGITAL PHOTO IMAGING \$40**

Learn to use software on the personal computer to fix common flaws in photographs. Crop out unwanted areas of our pictures, fix flash red eye, straighten crooked pictures, and alter the color or lighting of selected objects, remove dust and scratches, and remove or duplicate objects within a picture. Methods and ideas for sharing and archiving photos (digitally and in print) and common problems will be discussed. We will be using Photoshop Elements 9 to work on our photos. This class requires strong mousing skills and good knowledge of maneuvering in Windows (using the task bar to switch applications, retrieving or saving a document to a designated place, etc.). Owning a digital camera is not required. Students provide their own method of data storage (USB drive or blank CDs) and pictures. **Faculty: Louise Records.**

4803	9am -11am	Th	1/12-2/16	Tustin
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#### **DIGITAL PHOTO IMAGING II \$80**

A continuation of the Digital Imaging I class. Learn to implement the techniques covered in the Digital Imaging I to create personal photomontages (composite photos). The techniques will focus on creating a collage by cutting and joining multiple photographs. Explore more advanced "photocropping" techniques. This class requires strong mousing skills and good knowledge of maneuvering in Windows (using the task bar to switch applications, retrieving or saving a document to a designated place, etc.). Owning a digital camera is not required. Students provide their own method of data storage (USB drive or blank CDs) and pictures. **Faculty: Louise Records.**

**4804    9am -11am        Th        2/23-5/17        Tustin**

### **SOCIAL NETWORKING SERIES**

#### **FACEBOOK I    \$40**

Facebook is one of the most popular social networking websites in the world. Learn how you can use Facebook SAFELY to connect with your children, grandchildren, and friends. Start a Facebook account and learn how to use it effectively and safely. Understand the risks, and customize the complex privacy settings. Hands on exercises on how to share your status and photos safely, and understand when it is appropriate to write on someone's wall. This course will help you to develop confidence in using this website. Recommended Prerequisite: Intro to the Internet and Introduction to Email or equivalent. **Faculty: Fleur Fong & Sharon Fong.**

**4692    10:30-11:45am    M        1/9-2/6    Tustin**

**4812    9-10:30am        M        1/9-2/6    LBCC**

#### **FACEBOOK II    \$40**

Facebook is more than just sharing your status and photos with all your friends, you could be sharing more information than you'd like. Learn how to create Lists to post status updates with selected groups of friends (preventing unsolicited posts, and for privacy reasons!), rather than to your entire friends lists, or to exclude specific individuals. Learn to tag your friends (and when not to!) in statuses and photos, share videos, news articles, and thoughts with specific friends in your network. Get answers and understand why some people can see your posts on Google search results. Hands on exercises will help students develop confidence in using this website. Recommended Prerequisite: Intro to Internet and prior use of Facebook. **Faculty: Fleur Fong & Sharon Fong.**

**4694    10:30-11:45am    M        2/27-3/19        Tustin**

**4813    9-10:30am        M        2/13-3/5        LBCC**

#### **FACEBOOK III    \$40**

This class will address the growing demand for organizations, businesses and professionals (artists, musicians, services, anyone!) who wish to create more exposure and an online social media presence on Facebook. Learn methods to reach out to an audience or fans of your business with social networking. The course will address social media for increasing awareness and revenue for businesses by creating interesting dialog, specials or promotions to engage potential and existing customers. In addition, we will address why it is important to create a Facebook page versus a Personal page for your business or service, and other tips and tricks to getting great involvement and exposure from your customers or fans. **Faculty: Fleur Fong.**

**4693    10:30-11:45am    M        4/16-5/7    Tustin**

**4695    11:20am-12:40pm    W        4/18-5/9    LFCH**